



*What is normal these days?*

**Mental health  
among Aotearoa/New  
Zealand secondary school  
students**



*Findings from  
New Zealand's Adolescent  
Health 2001 and 2007 Surveys*

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# Acknowledgements

Young people who participated in the survey and their families /whanau

Secondary schools & Wharekura

Adolescent Health Research Group, Youth'07 project team & Advisory Groups



Funders: Youth'07  
Health Research Council of New Zealand  
Department of Labour,  
Families Commission,  
Accident Compensation Corporation,  
Sport and Recreation New Zealand,  
Alcohol Advisory Council of New Zealand  
Ministry of Youth Development,  
Ministry of Justice, Ministry of Health.

# New Zealand's first adolescent health survey – 2001

- Designed and carried out by the Adolescent Health Research Group
- Large, cross-sectional anonymous, self-report survey
- Utilises M-CASI technology



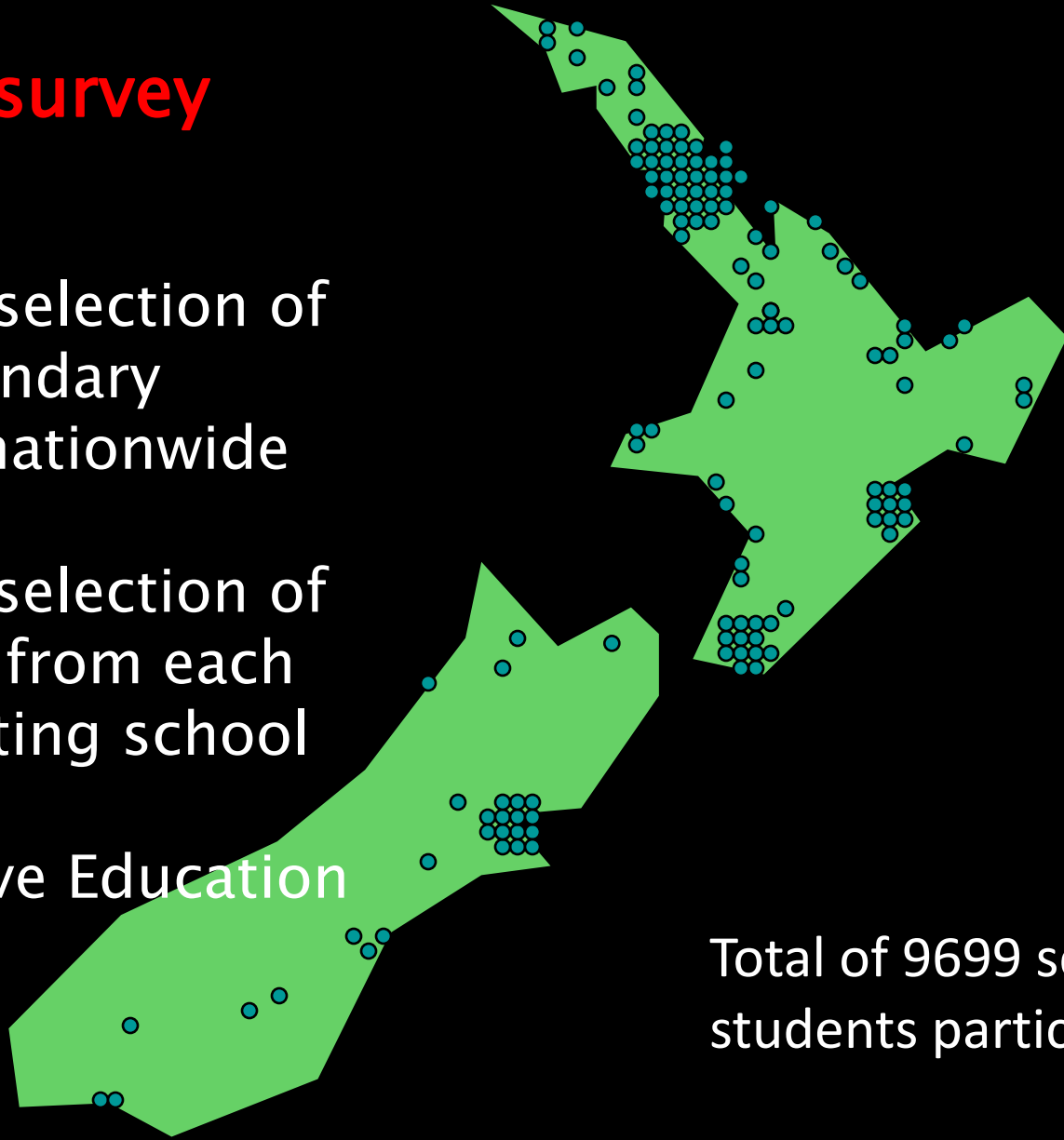
## 2001 survey

Random selection of  
133 secondary  
schools nationwide

Random selection of  
students from each  
participating school

Alternative Education  
sample

Total of 9699 school  
students participated



# Keeping up-to-date: Youth'07





Youth'07

- Secondary School survey
  - 9107 students in 96 high schools
  - School climate survey with staff
- Wharekura Survey
- Pilot study – Teen Parent Units
- 2009 survey – Alt Ed students



## 2001 & '07

Branching design

- Identity & ethnicity
- Home
- School
- Activities
- Substance use
- Sexuality
- Mood and wellbeing
- Community & spirituality

## 2007

Changes, new issues

- Nutrition & physical wellbeing
- Gambling & substance use
- Community
- School climate



## Limitations

- Secondary school students

- Response rates

2001	114 (86%) of the 133 schools selected & 9699 (75%) of invited students
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2007	96 (84%) of the 115 schools selected & 9,107 (74 %) of invited students
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- Self report

- Cross sectional survey

## Strengths

- Student, School & Stakeholder satisfaction
    - *I liked it. It was fun to answer the questions I found things I didn't know about myself'*
    - *Thank you for taking time to get to know about our health*
- Student feedback*
- High levels of honesty
  - Samples of about 4% of NZ secondary school students
  - Recent comprehensive data sets

## 2007 participants (total 9107)

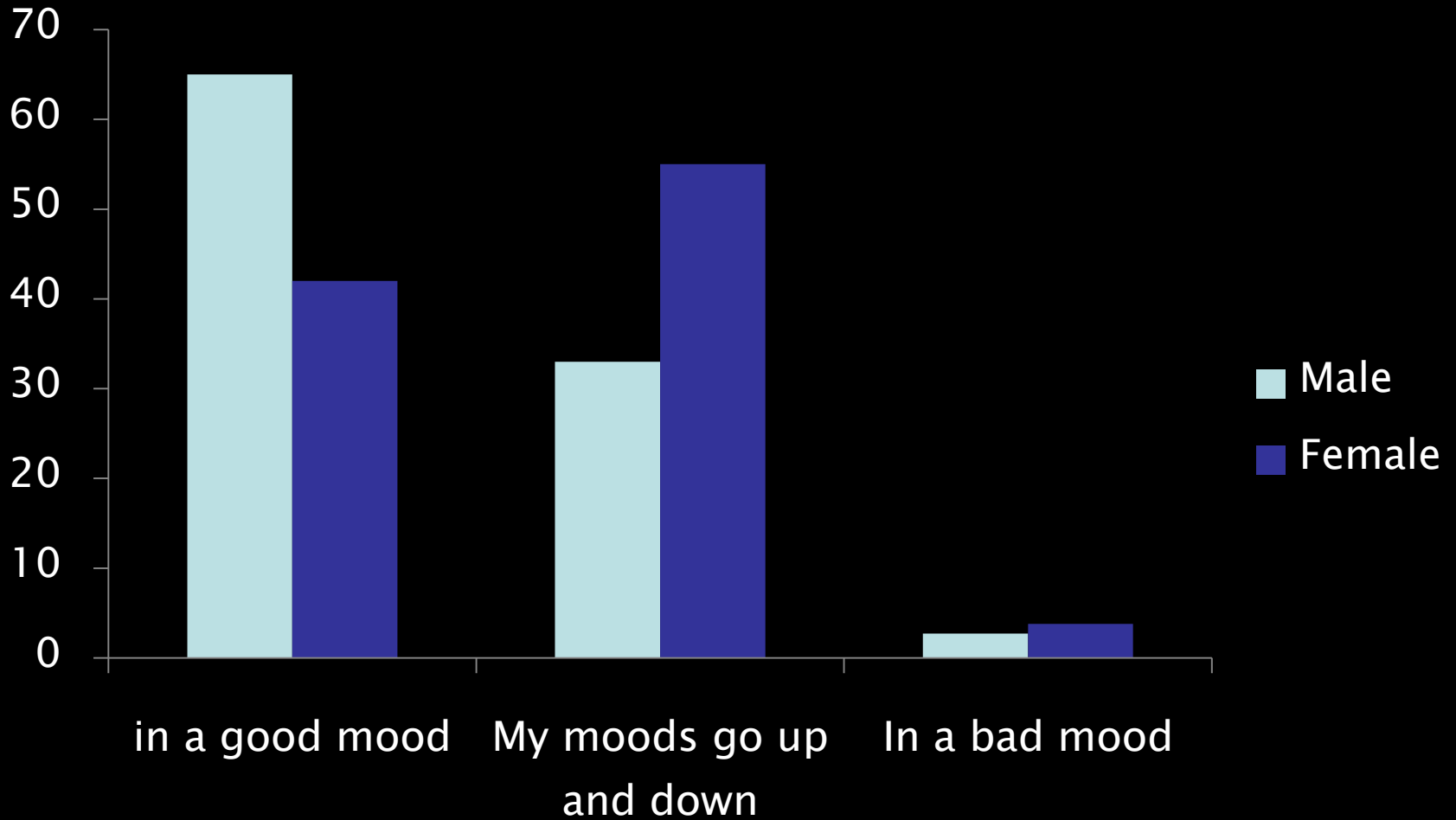
Male 4911 (54%)	Female 4187 (46%)			
Maori 1702 (18.7%)	Pacific 1178 (13%)	Asian 1310 (14.4%)	NZE 6871 (75.7%)	Other 817 (9%)
13 & under 1860 (20.3%)	14 2101 (23%)	15 1973 (21.8%)	16 1743 (19.2%)	17 & over 1423 (15.7%)
Low dep* 3216	Medium dep 3396	High dep 2246		
Urban 7446	Rural 1414			

\*NZ Deprivation Index

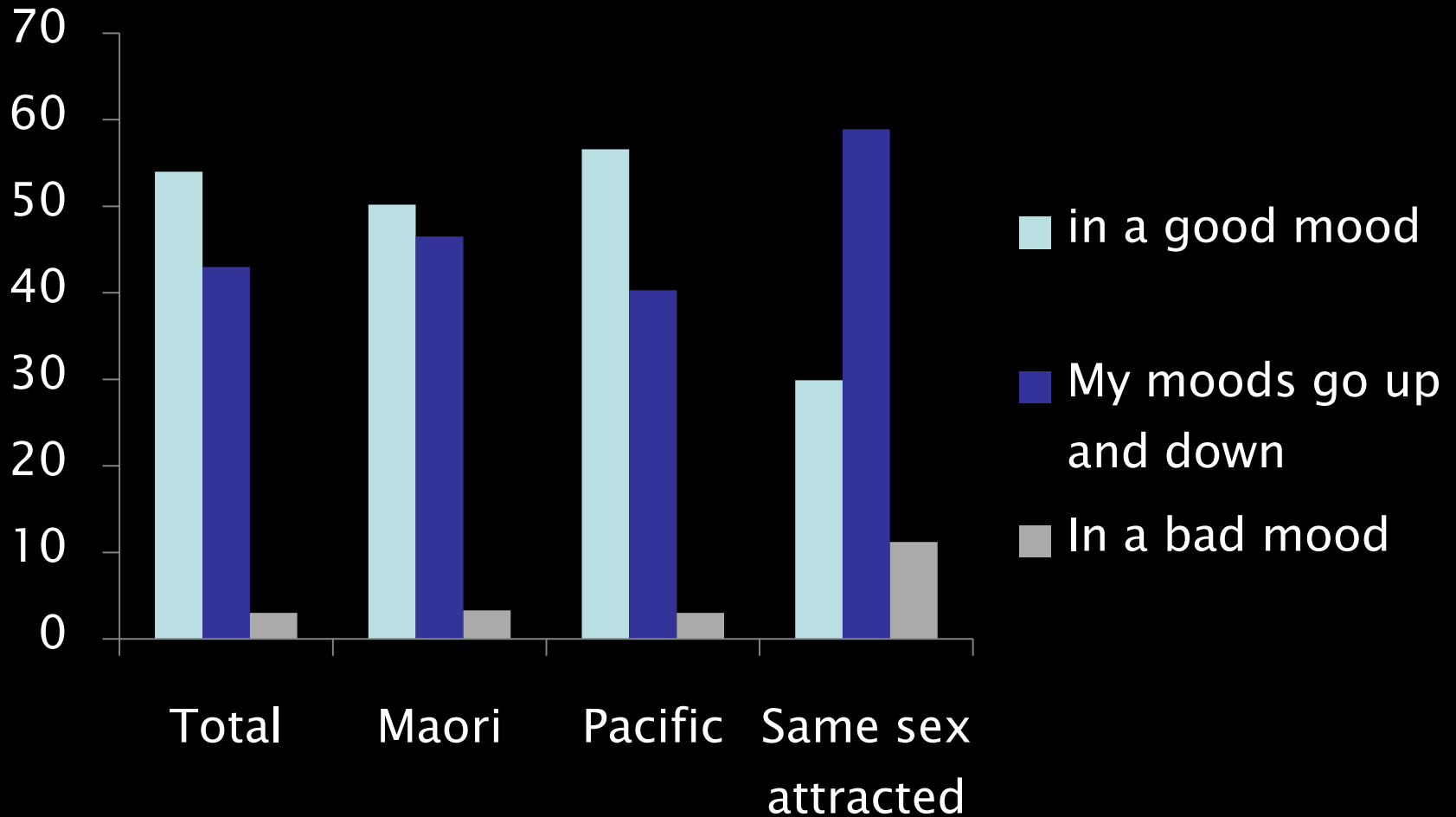
Findings

A snapshot of  
mental health

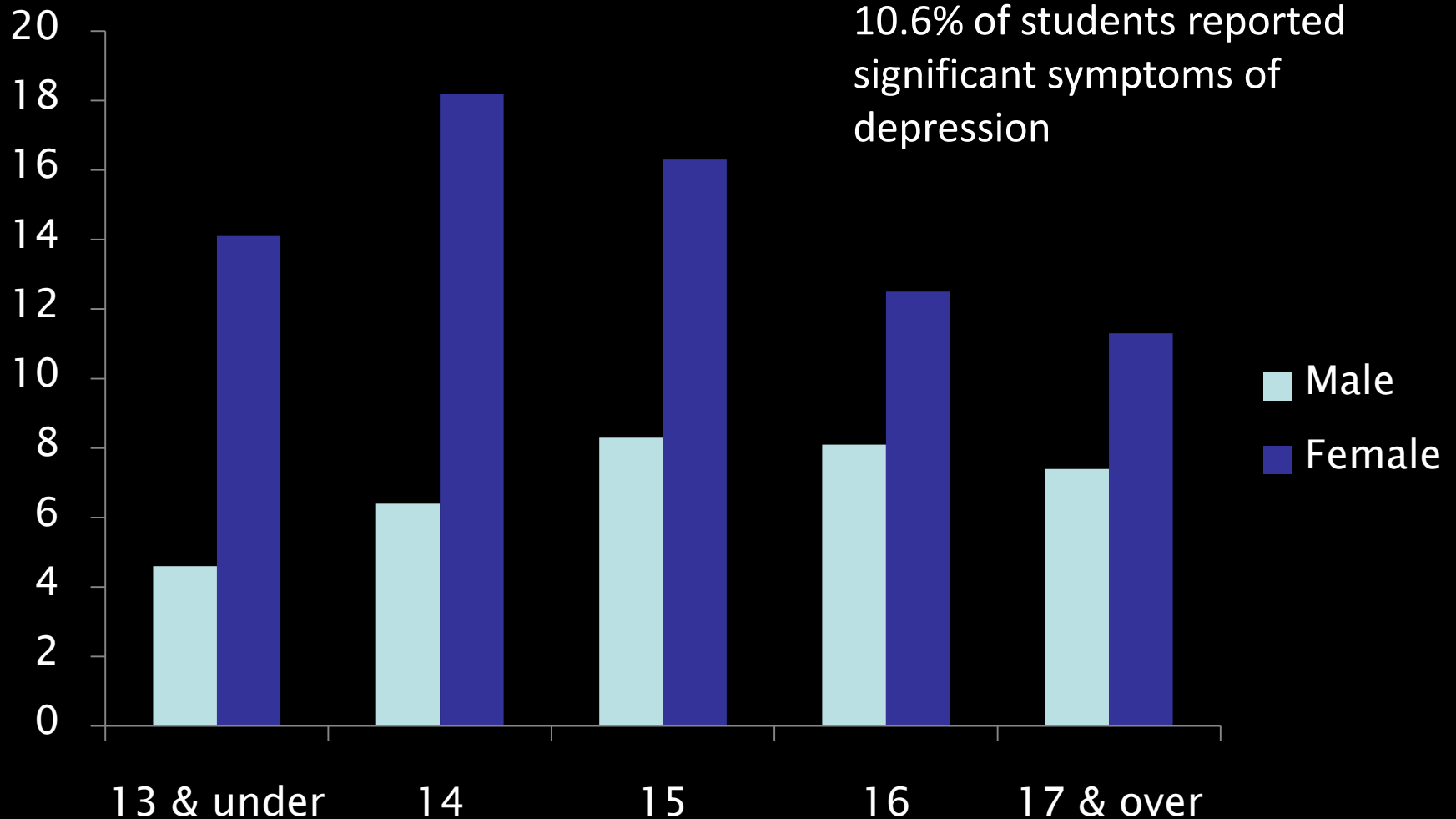
# In general how have you been feeling?



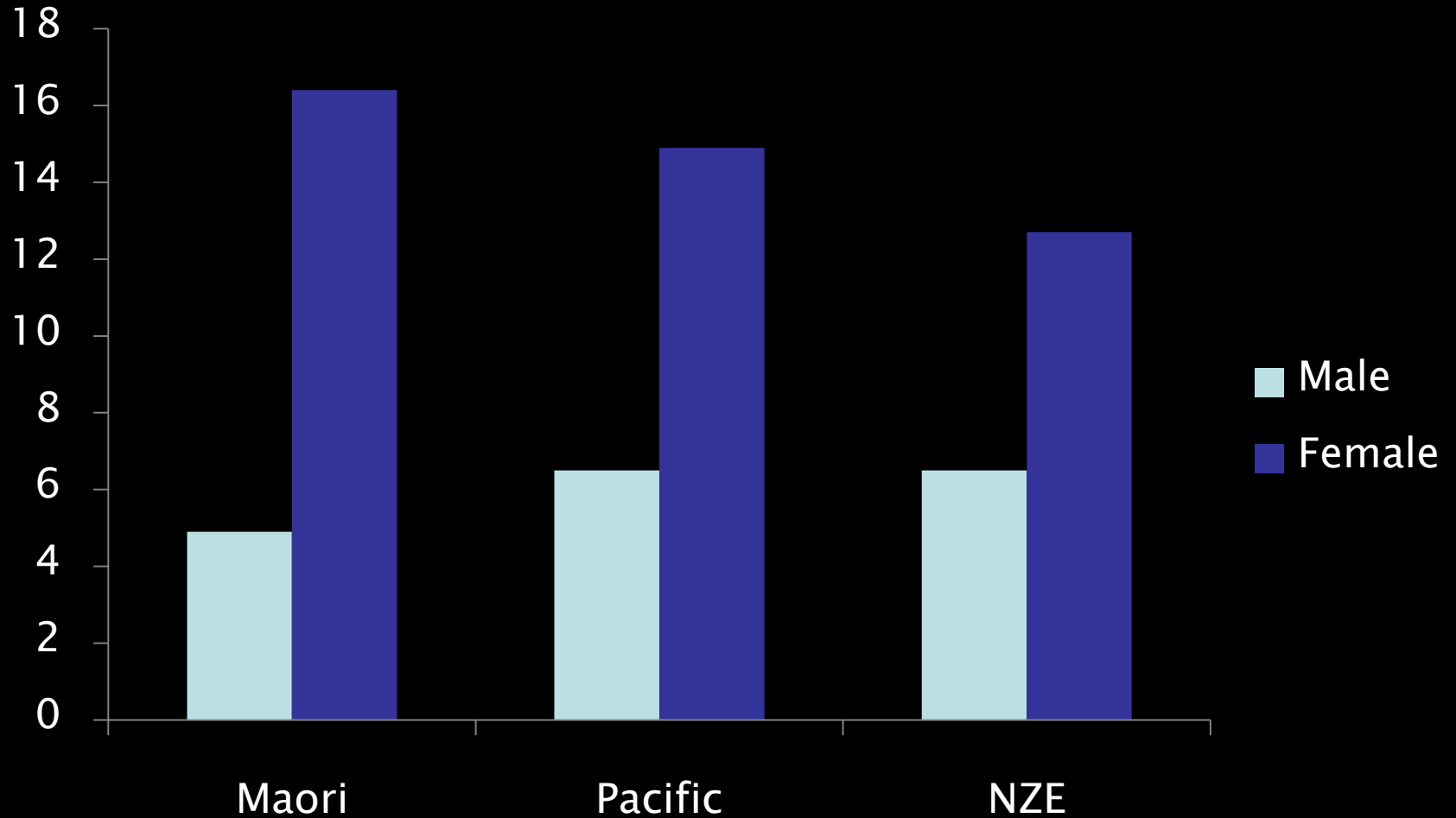
# In general how have you been feeling?



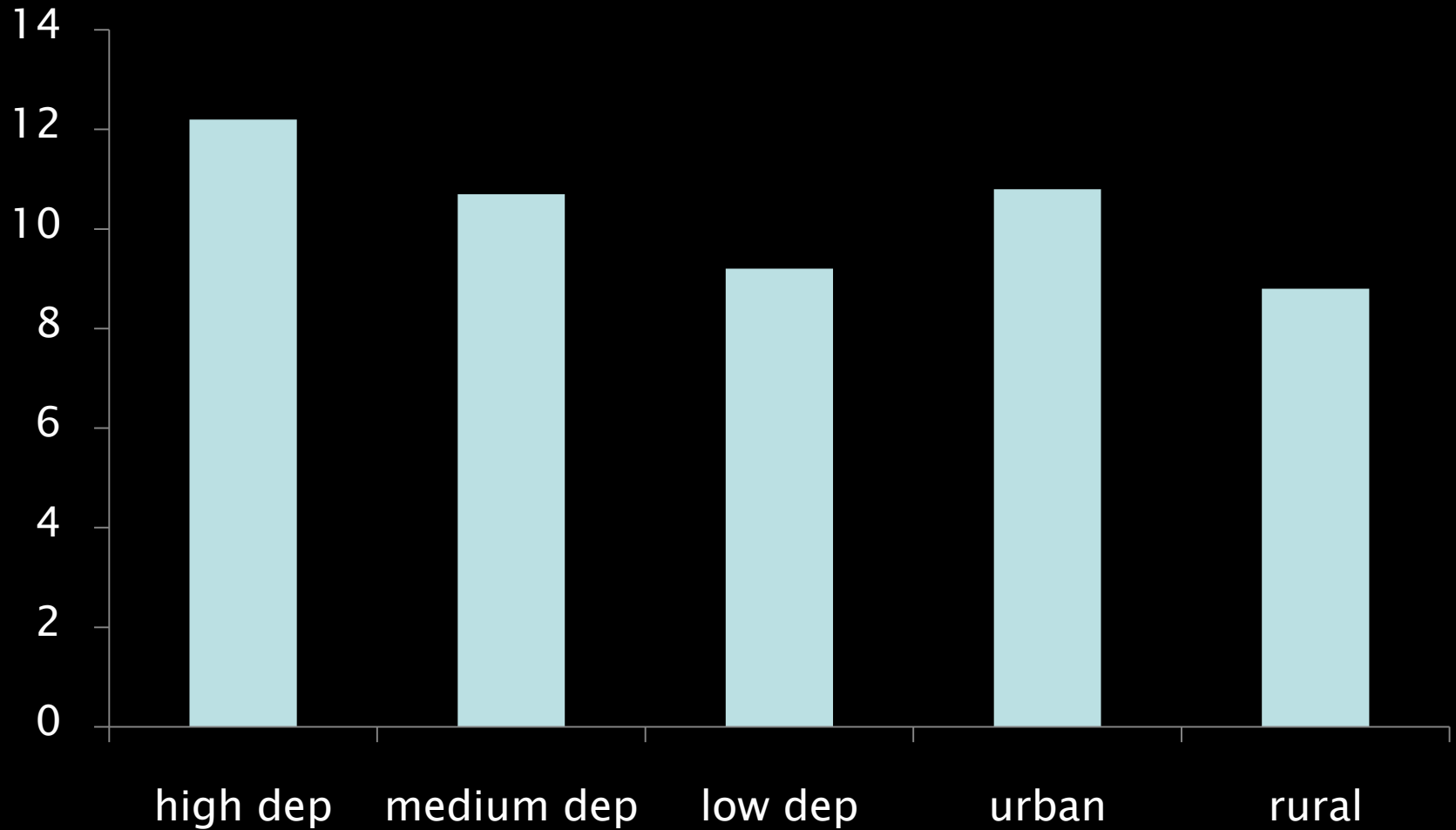
# Symptoms of depression: RADs over cut off



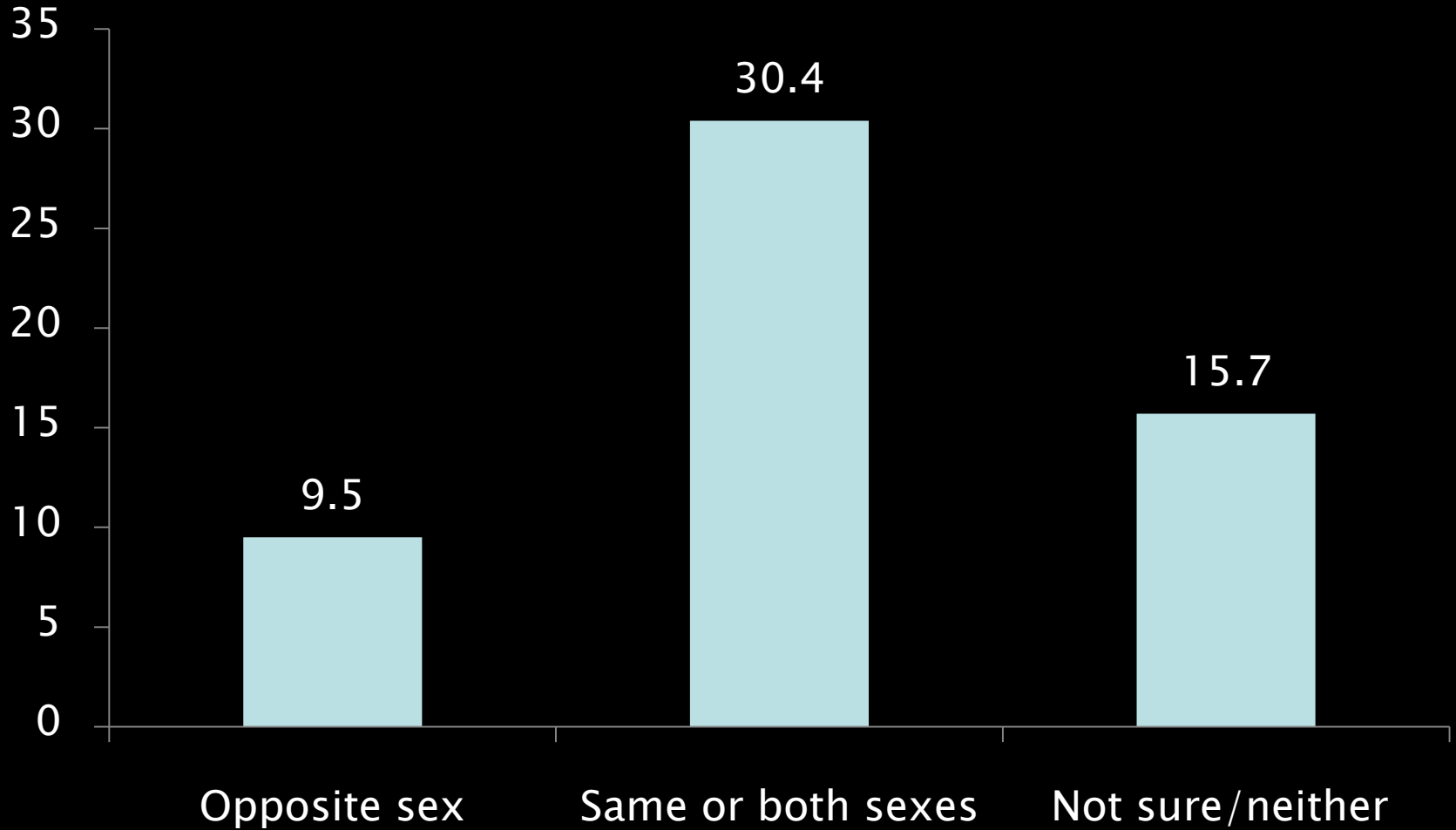
# Symptoms of depression by ethnicity



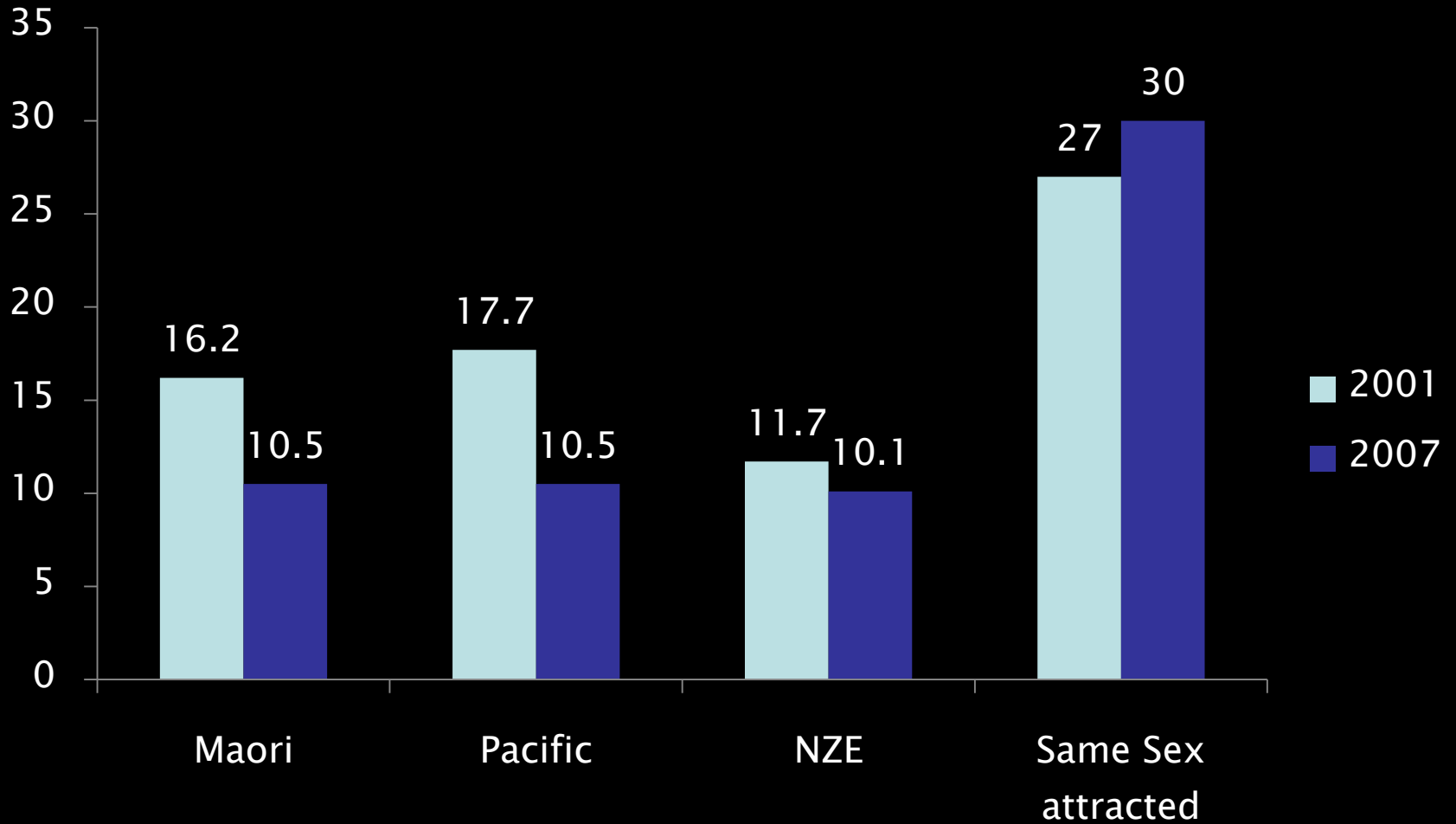
# Symptoms of depression 2007 by community deprivation and geography



# Symptoms of depression 2007 by sexual attractions



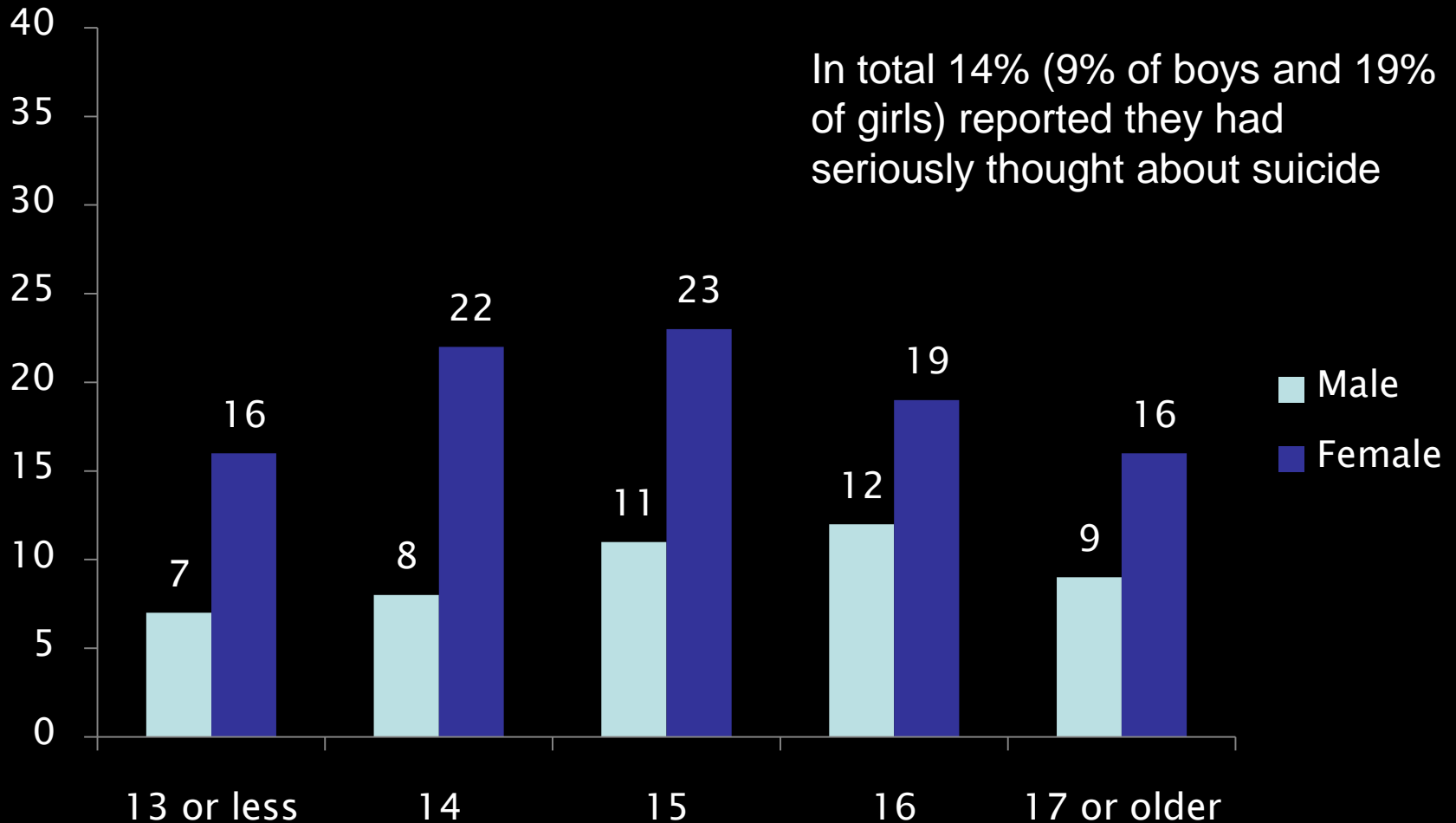
# Symptoms of depression 2001 – 2007



# Hurt myself on purpose in the last 12 months

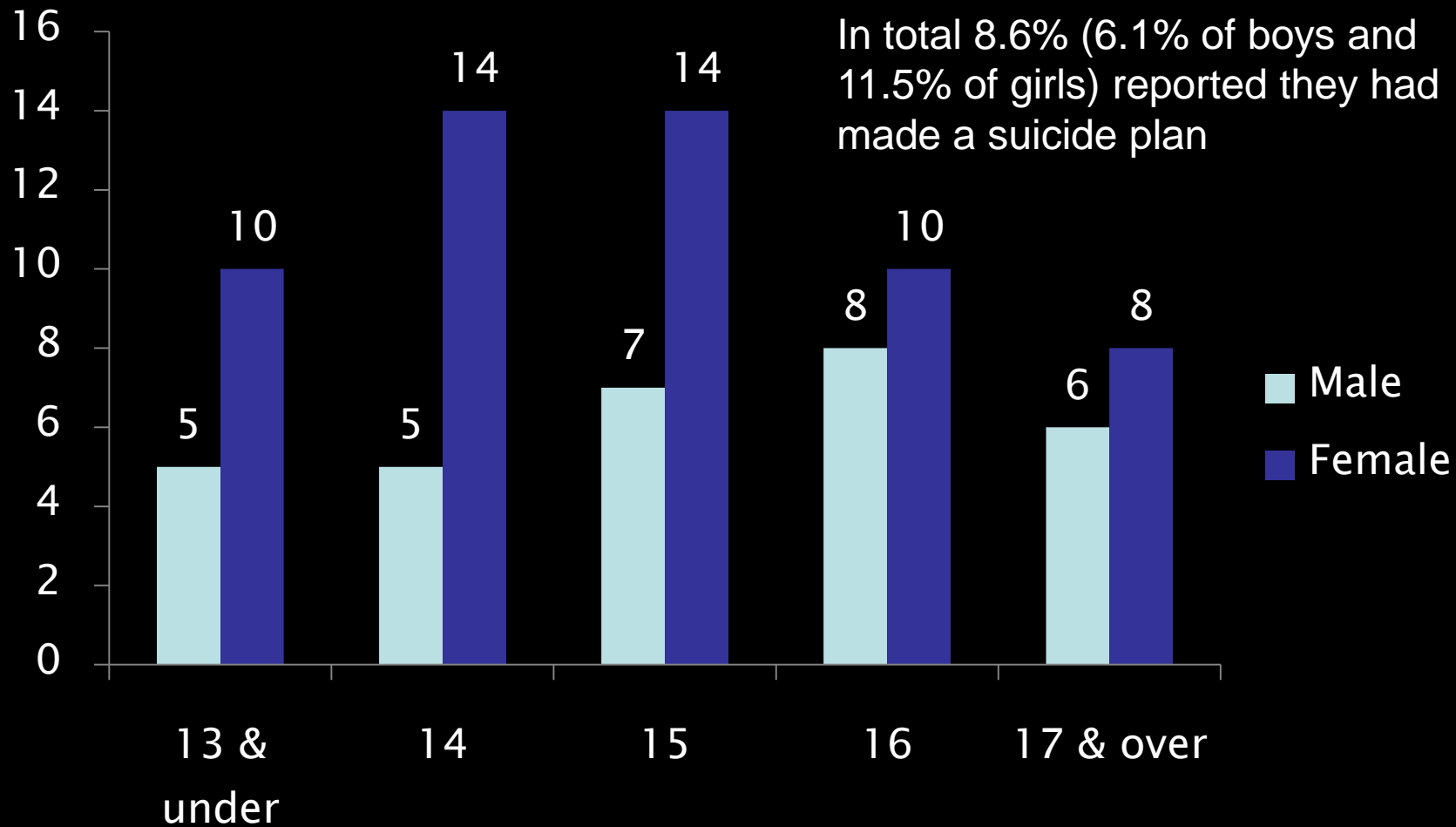


# Suicide ideation, 2007: In the last 12 months have you seriously thought about killing yourself (attempting suicide)



# Suicide plans, 2007:

In the last 12 months have you tried to kill yourself (attempted suicide)?

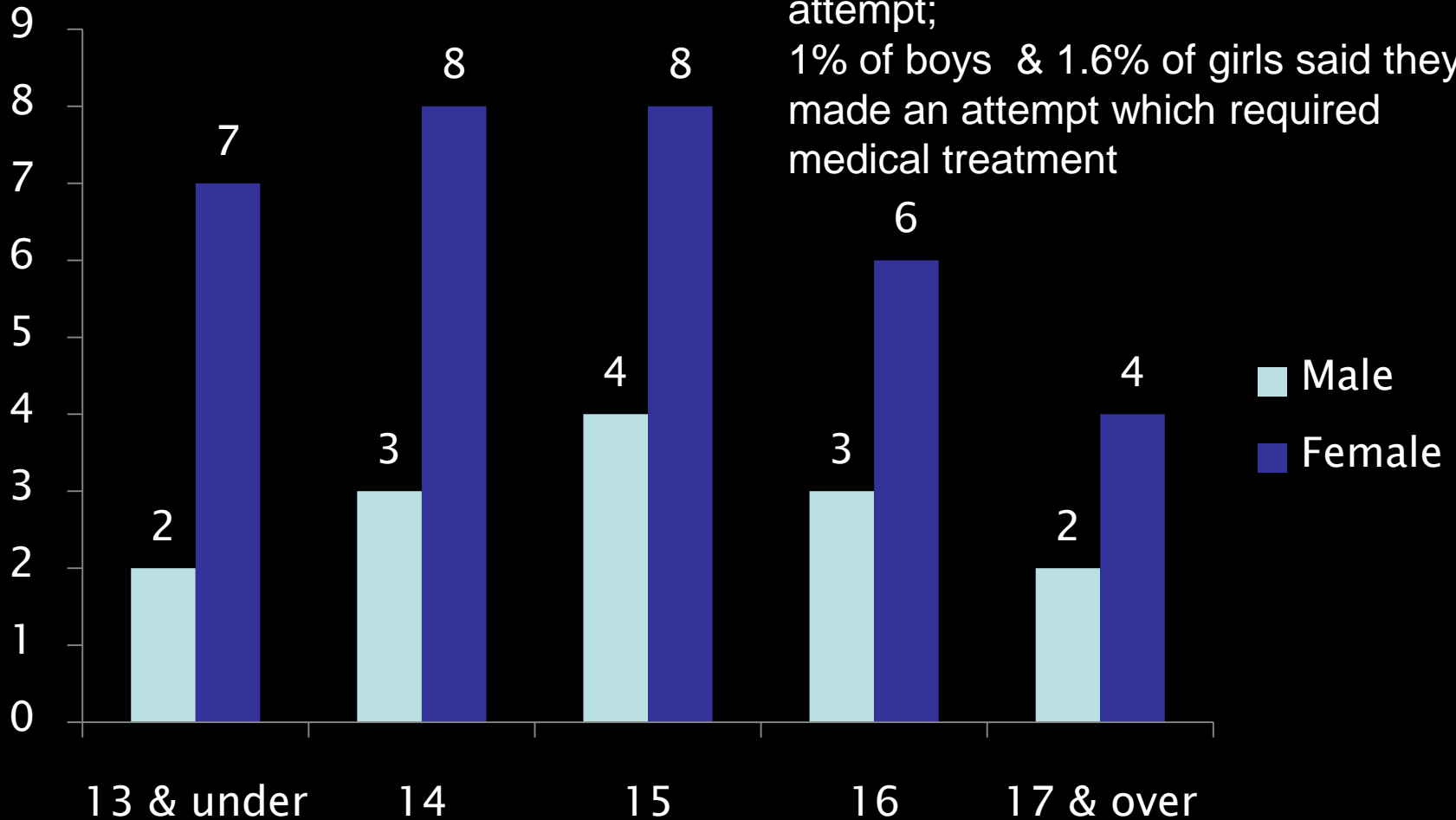


# Suicide attempts 2007:

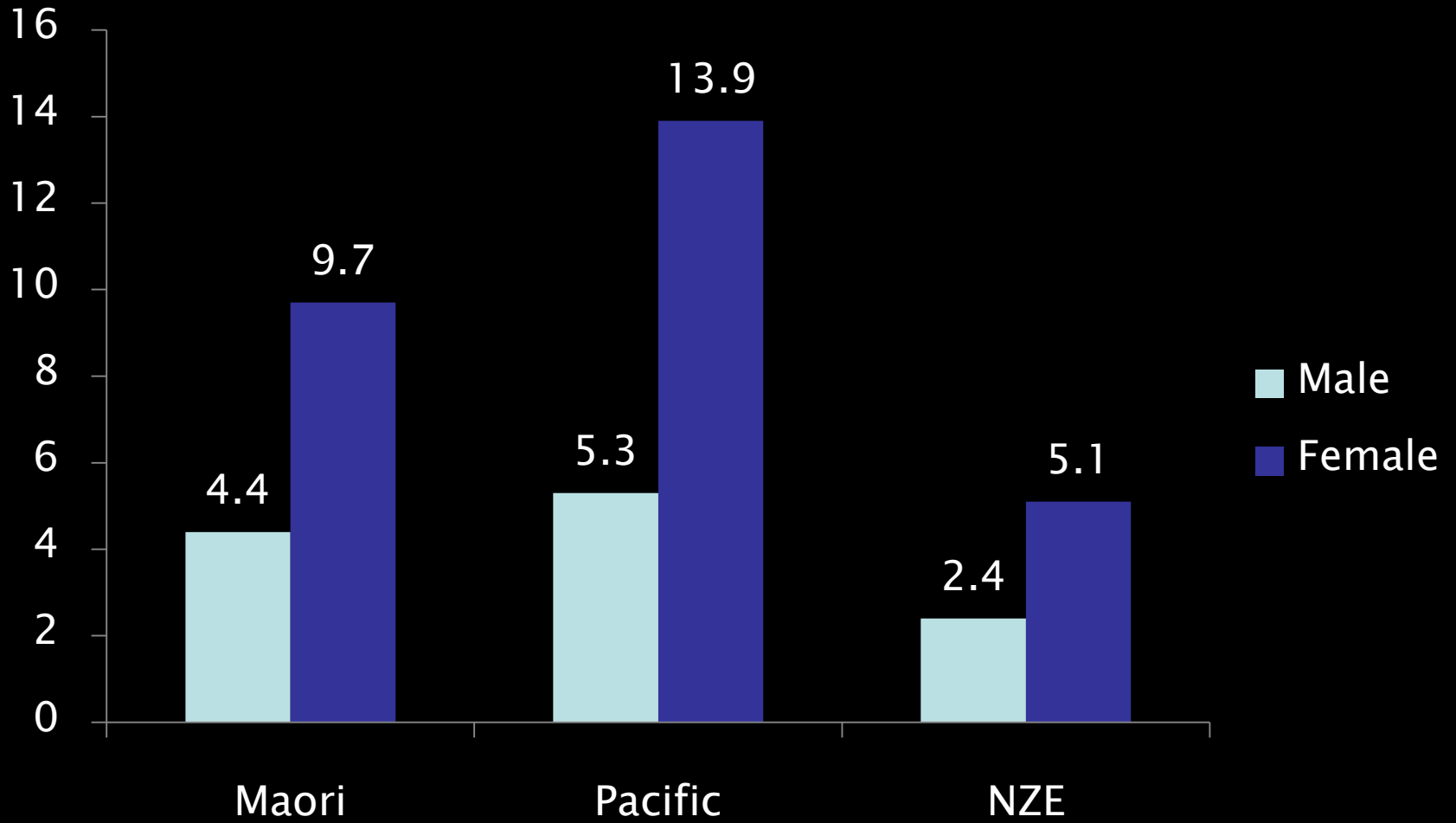
In the last 12 months have you tried to kill yourself (attempt suicide)?

In total 4.7% (2.9% of boys & 6.7% of girls) reported they made a suicide attempt;

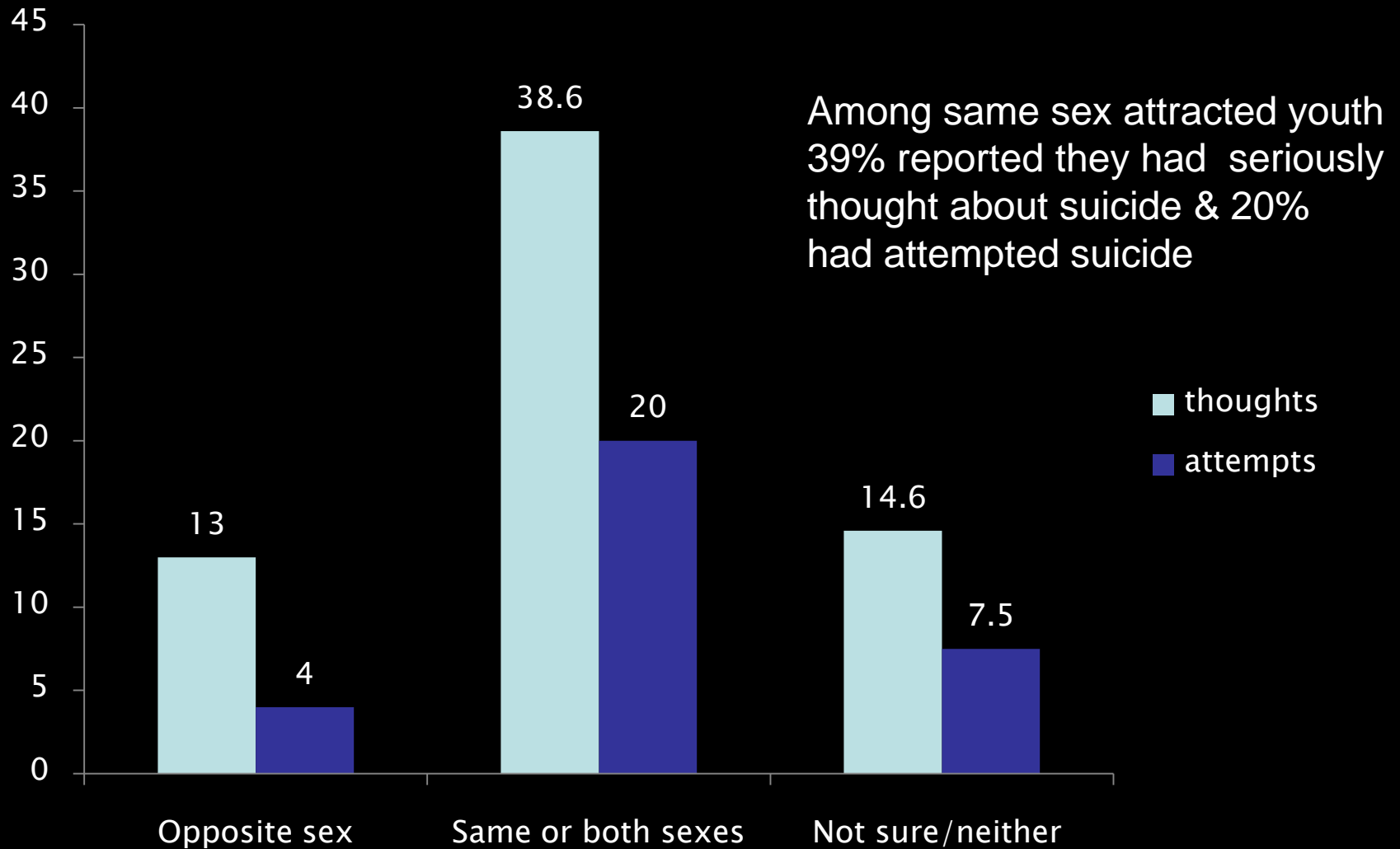
1% of boys & 1.6% of girls said they made an attempt which required medical treatment



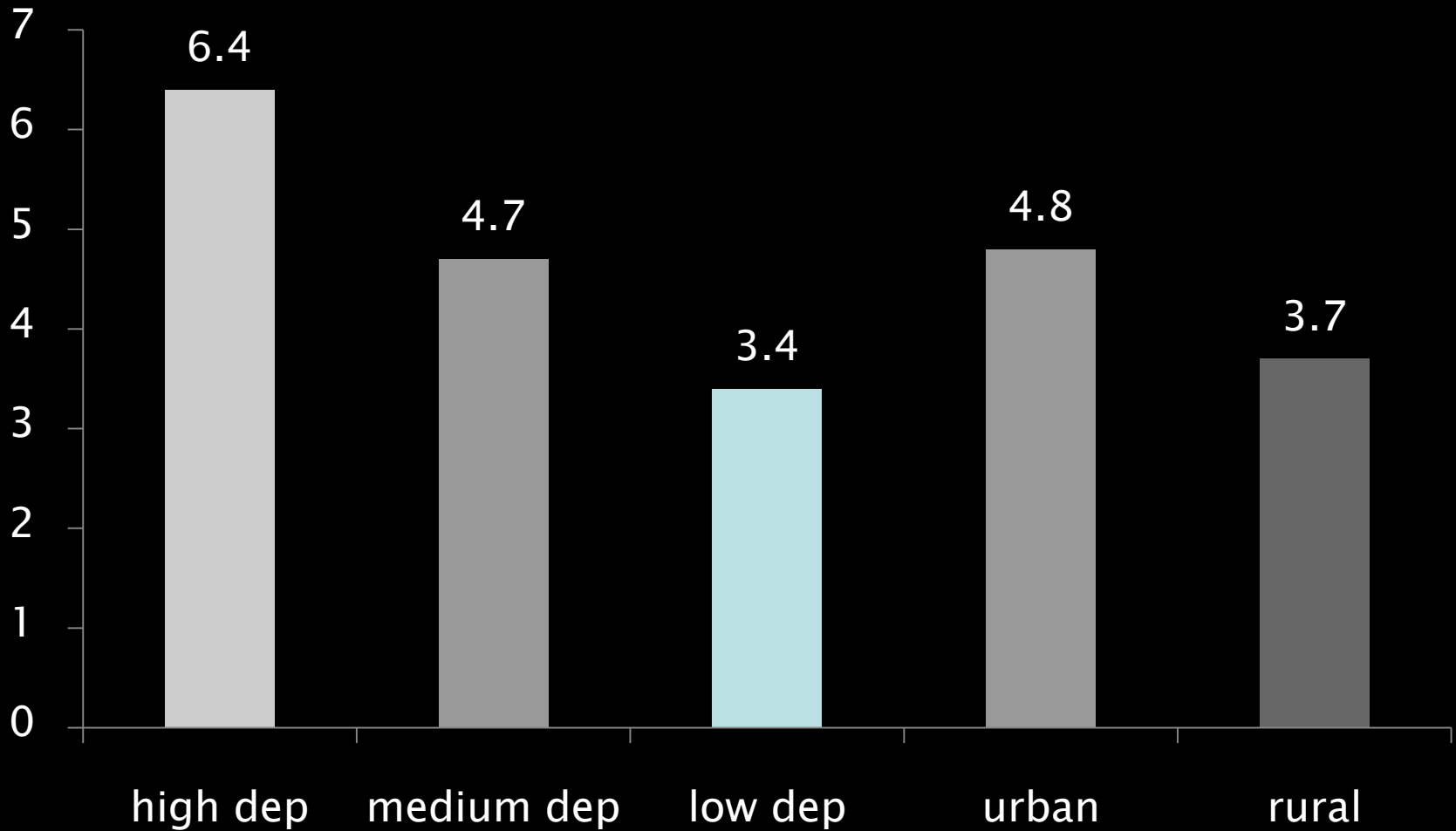
# Suicide attempts, 2007



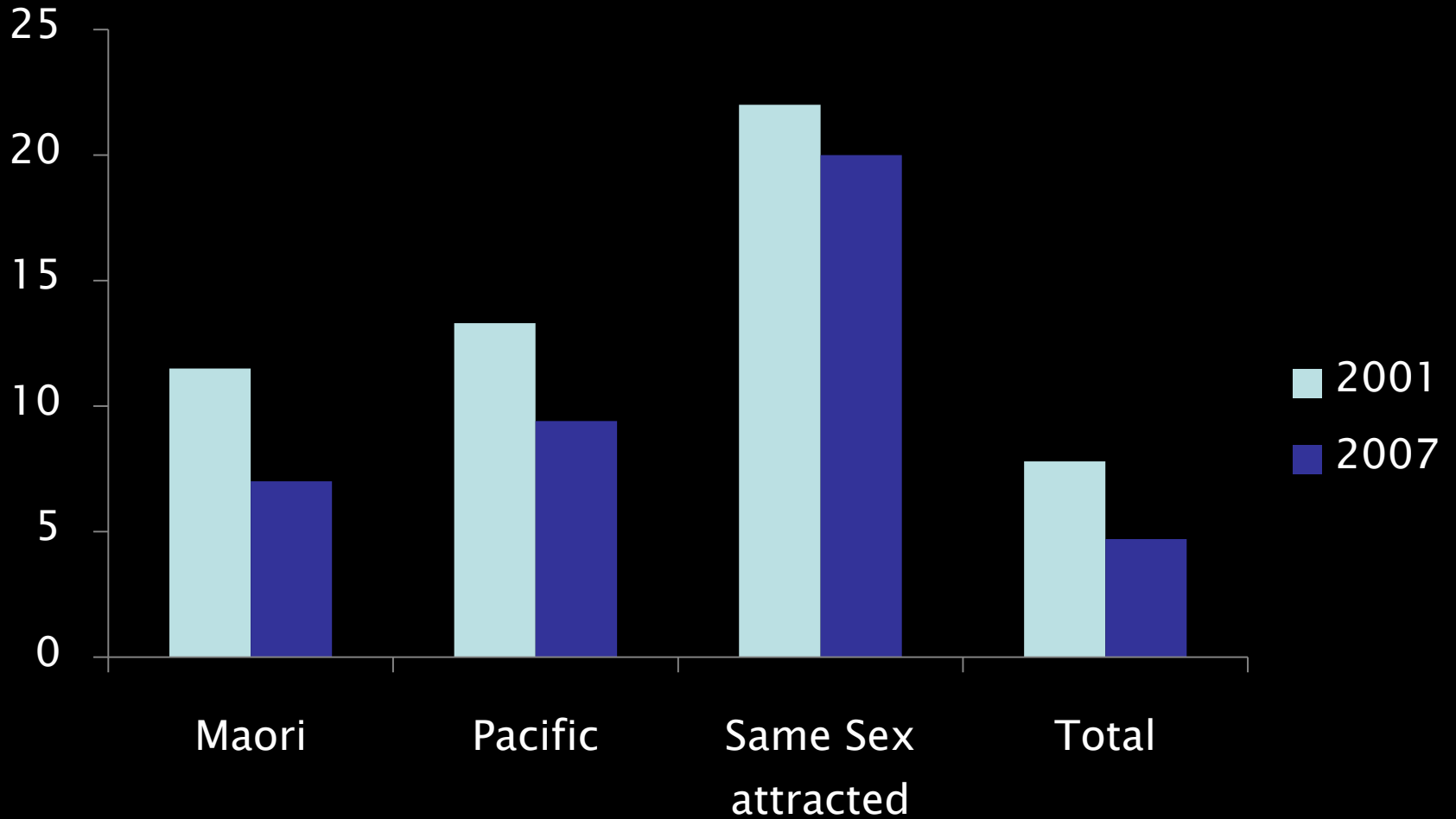
# Suicide ideation & attempts 2007 by sexual attractions



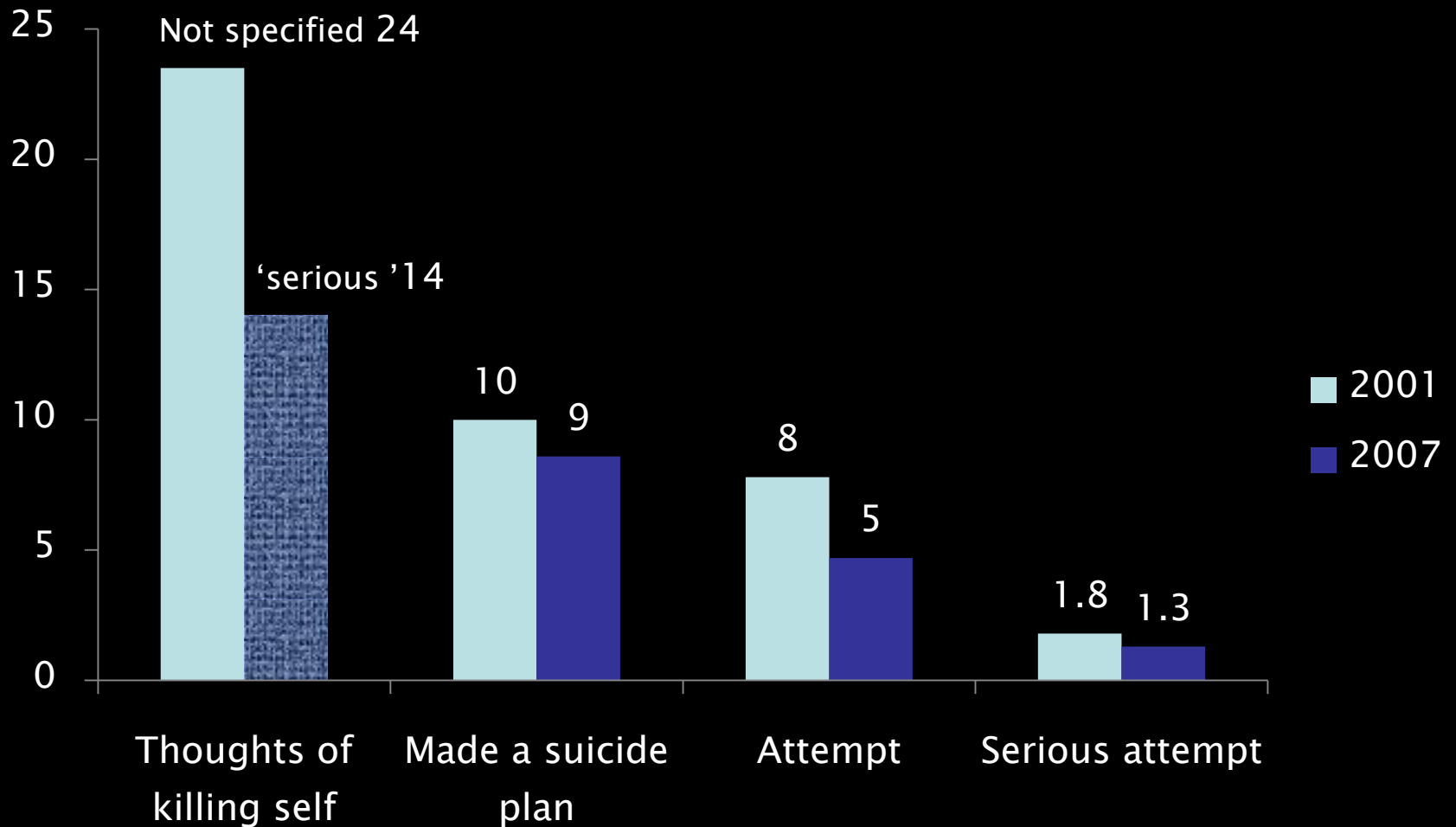
# Suicide attempt 2007 by community deprivation and geography



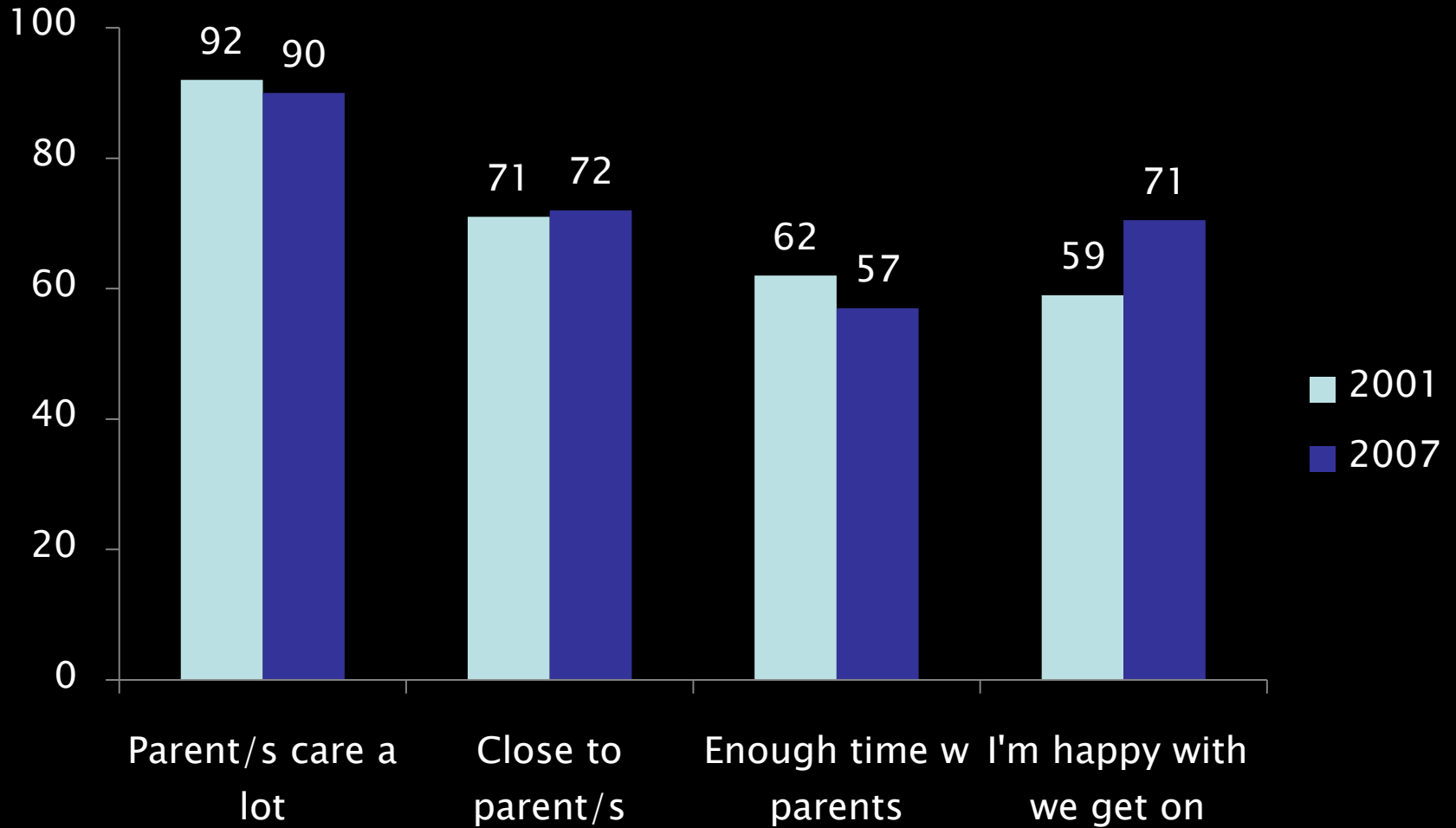
# Suicide Attempts 2001 – 2007



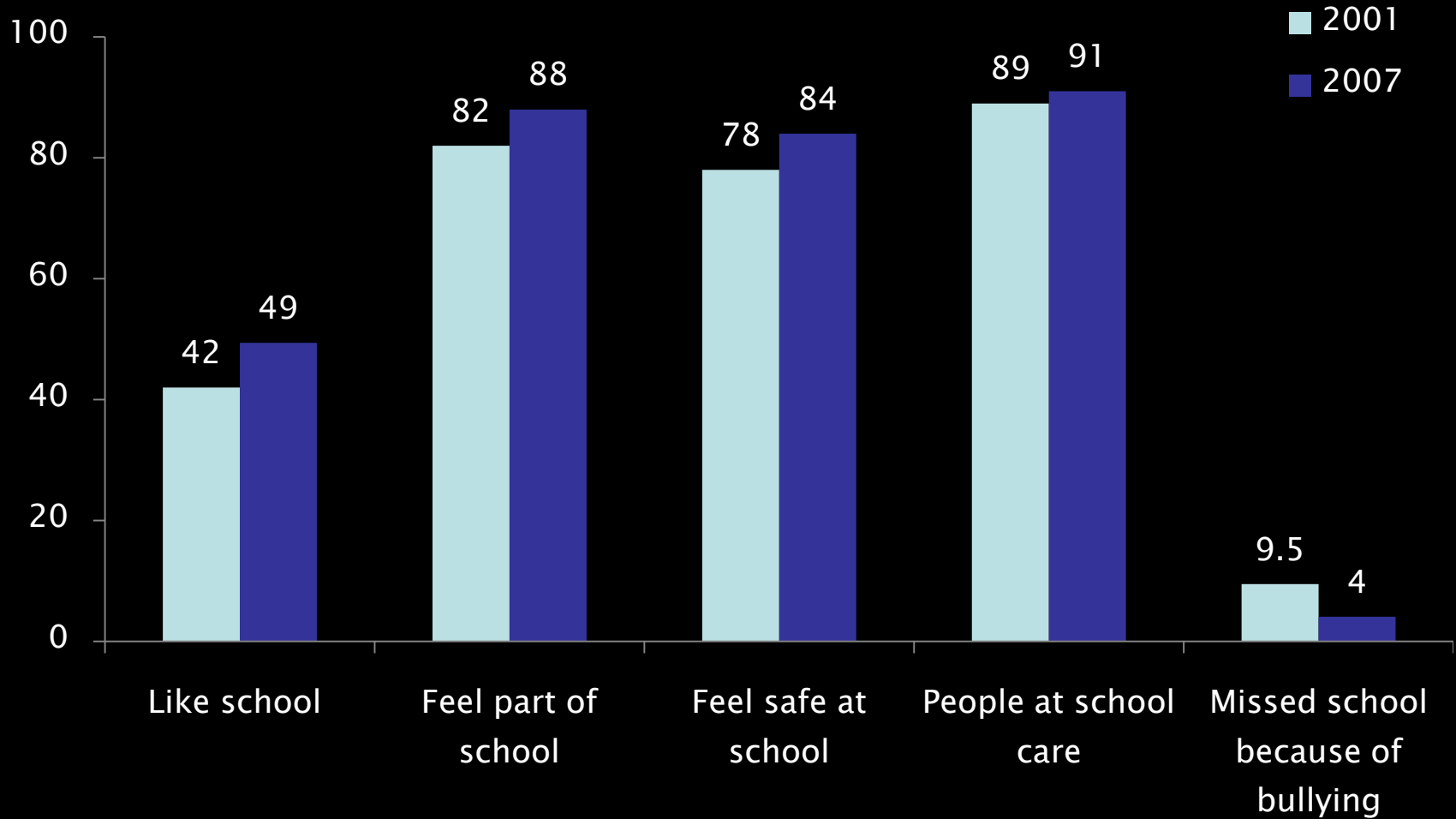
# Suicide behaviour in the last 12 months



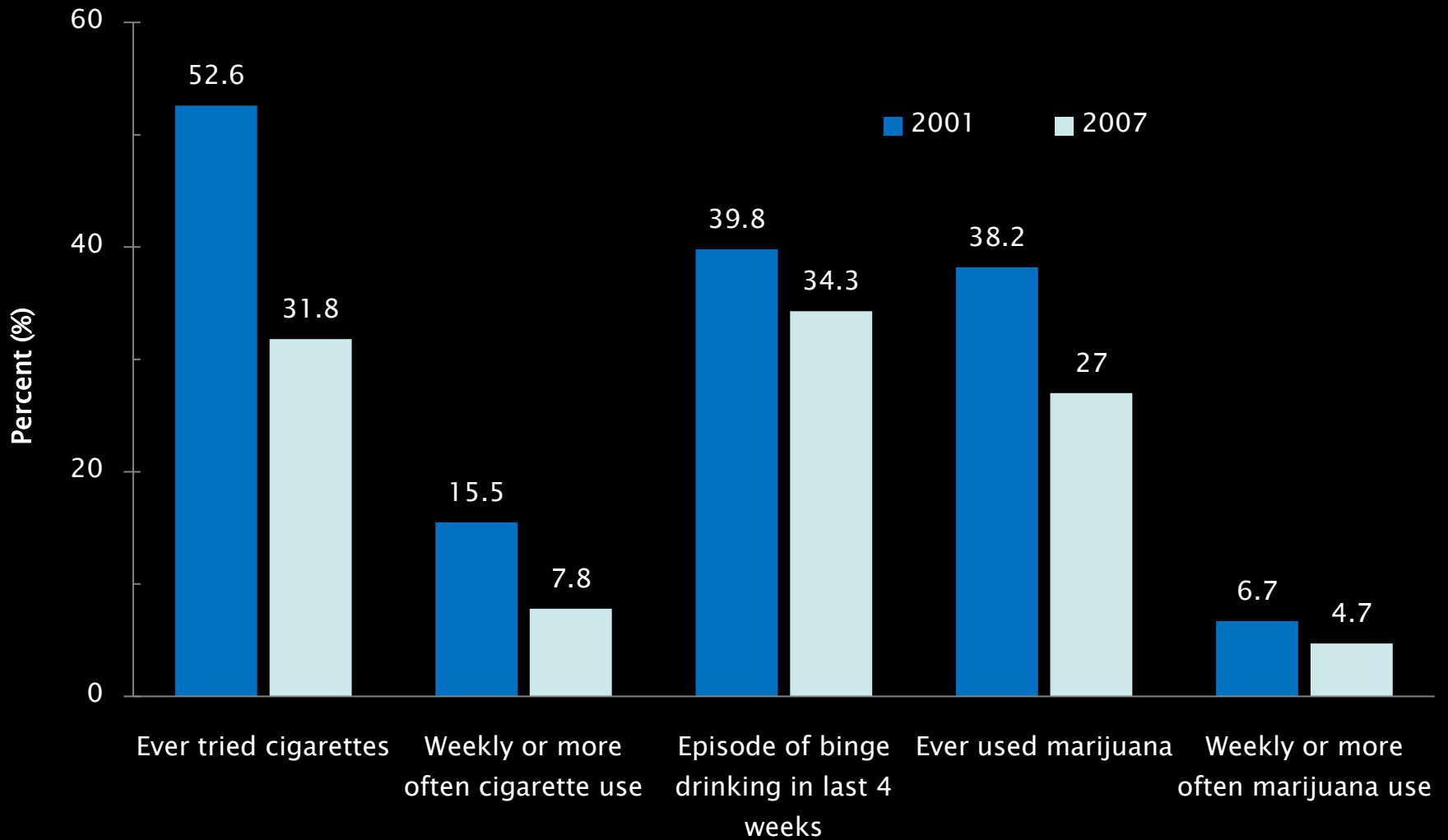
# Family Relationships



# School relationships



# Cigarette, Alcohol and Marijuana Use



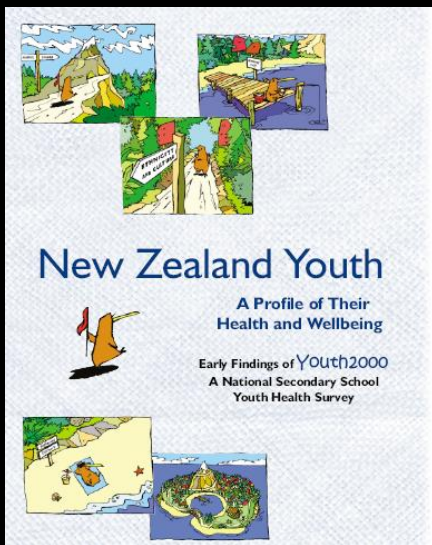
## Introduction

## Methodology

## Results

- Some significant improvements in emotional wellbeing from 2001, although not for same sex attracted youth
- Significant disparities in mental health and suicide risk in our communities
- Rates of self reported depressive symptoms and suicide attempts remain high

## Summary



## 2001

- Health and Wellbeing Profiles:
  - New Zealand Youth
  - Te Ara Whakapiki Taitamariki
  - Pacific Youth
  - Young Asian New Zealanders
  - Non-heterosexual youth
  - Alternative Education Students
- Alcohol and New Zealand Youth
- Violence and New Zealand Youth

## Getting more information

[www.youth2000.ac.nz](http://www.youth2000.ac.nz)

## 2007

- Youth'07: The Health and Wellbeing of Secondary School Students in New Zealand. Initial Findings
- Te Ara Whakapiki Taitamariki, 2007
- Youth'07 Technical Report
- Youth'07 Research Bulletin

